

## Curriculum and Program Development

A Guide to Curriculum Development: Health and Safety. State of Connecticut Board of Education, 1990. (2 copies)

Anatomy of a Successful Nutrition Education Program. Jana R. Kicklighter, Georgia State University, Georgia Nutrition Education and Training Program, State Department of Education. *Promoting nutrition education and implementing activities.*

Connecticut Curriculum Content Trace Maps, Content Standard I: Healthy and Active Life. Connecticut State Department of Education, 2000. Available at: [www.state.ct.us/sde/dtl/curriculum/tracemps/health/tmhlth\\_csI.pdf](http://www.state.ct.us/sde/dtl/curriculum/tracemps/health/tmhlth_csI.pdf).

Curriculum Guide for Health Education: Nutrition (Grades 7-12). The Curriculum Development Center, Catholic University of America, Washington, DC, 1978.

Guidelines for Comprehensive School Health Programs. American School Health Association, 1994.

Health and Safety Education Curriculum Framework. Connecticut State Department of Education, 1998. Available at: [www.state.ct.us/sde/dtl/curriculum/frhlth.pdf](http://www.state.ct.us/sde/dtl/curriculum/frhlth.pdf).

Health Module: Nutrition. State of Connecticut Board of Education, 1991. (4 copies)

Health Module: Prevention of Communicable and Noncommunicable Diseases. State of Connecticut Board of Education, 1990.

Healthy Kids, Healthy California: Be a Part of the Wave. California State Department of Education, 1989.

Nutrition Literacy Toolkit: Planning for Comprehensive Nutrition Education Grades PreK-12. Colorado Department of Education Nutrition Unit, 1999. *Includes a framework of age-appropriate learner outcomes with links to components of a Coordinated School Health Program, along with planning and resource guides.*

Physical Education – A Guide to K-12 Program Development. Connecticut State Department of Education, 2000. Available at: [www.state.ct.us/sde/dtl/curriculum/pe\\_publ\\_guideI.htm](http://www.state.ct.us/sde/dtl/curriculum/pe_publ_guideI.htm).

Roberts' Nutrition Work with Children, Fourth Edition. Ethel Martin and Virginia Beal, University of Chicago Press, 1978. *Assessment, standards, nutritional status, programs, nutrition education.*

School Nutrition Team Strategies for Success: A Guide for Nutrition Education. University of Missouri Extension, 1997. *Provides schools with information on the importance of school-based nutrition education and the development of teams to integrate nutrition in a comprehensive school health program. Includes learning activities and family newsletters.*

WIC Evaluation Resource Guide. U.S. Department of Agriculture, 1991.

## Integration of Nutrition into Existing Curriculum

Delicious Decisions: Food Choices to Grow On – An Integrated Approach to Nutrition for Grades K-6. Dairy Council of Wisconsin, 1992.

K-12 Teacher Resources for Food History Lessons. Morris County Library, New Jersey, August 2002. *Lots of information on food history and period recipes. Available at: [www.gti.net/mocolib1/kid/food2.html](http://www.gti.net/mocolib1/kid/food2.html).*

Mid-LINC (Middle Level Interdisciplinary Curriculum) Part I: Prehistoric vs. Modern Diet (Grade 6-8). Pennsylvania State University, Pennsylvania Nutrition Education and Training Program, Revised Edition, 1995. *Nutrition issues used to link subject areas (social studies, math, science, language arts, home economics, and health) together. Addresses the evolution of variety in our diet. Includes lessons on: breakfast cereals, lunch, fats, vitamin C, Food Guide Pyramid, fad diets.*

Mid-LINC (Middle Level Interdisciplinary Curriculum) Part II: Growing to the Max (Grades 6-8). Pennsylvania State University, Pennsylvania Nutrition Education and Training Program, Revised Edition, 1995. *Nutrition issues used to link subject areas (social studies, math, science, language arts, home economics, and health) together. Addresses growing to one's genetic potential. Includes lessons on: food shortages/restrictions, iron, advertising, snacking, energy balance.*

Mid-LINC (Middle Level Interdisciplinary Curriculum) Part III: Food-Environment Connection (Grades 6-8). Pennsylvania State University, Pennsylvania Nutrition Education and Training Program, Revised Edition, 1995. *Nutrition issues used to link subject areas (social studies, math, science, language arts, home economics, and health) together. Addresses impact of food choices, food packaging and food wastes on our environment. Includes lessons on: food packaging, trash, plastics, recycling, food banks, bacteria.*

Nifty Nutrition, with Skill Integration Activities: Grade K. Arkansas Department of Education, 1998. *Provides sequential learning experiences and integrates hands-on food experiences with language arts, reading and math skills as it teaches nutrition concepts. Focus on partnership for classroom-cafeteria connections.*

Nifty Nutrition, with Skill Integration Activities: Grade 6, Your Bodyworks. Arkansas Department of Education, 1998. *Provides sequential learning experiences and integrates hands-on food experiences with language arts, reading and math skills as it teaches nutrition concepts. Focus on partnership for classroom-cafeteria connections. Includes video.*

Nutrition in the Social Studies: An Instructional Package for Grades K-6. Tanya Wapensky, Wisconsin Nutrition Education and Training Program, Wisconsin Department of Public Instruction, 1981.

Nutrition Education Activities for Teenagers (N.E.A.T.). Florida Department of Education, 1994.

Nutrition Education in Public Elementary and Secondary Schools. U.S. Department of Education, National Center for Education Statistics, Washington, D.C., 1996.

Nutrition Education Instructional Plan, Grades 7-9. Tennessee Department of Education, 1983. *Assists teachers in incorporating nutrition education into the school curriculum.*

Nutrition Education Supplement to Textbooks (NEST). North Carolina Nutrition Education and Training Program, North Carolina Department of Public Instruction, 1980. *Reference for integrating nutrition education into the existing curriculum (grades K-6).*

School Bread Bake Kit – Cafeteria Guide and Teacher's Guide. Fleischmann's, San Francisco California, 1990. *Lessons and activities for bread baking in grades 3-6 which can be integrated into the following curricular areas: nutrition, science, social studies and language arts. (2 copies)*

Take a Nutrition Break: Lessons and Activities for Every Curriculum – Junior High. Colorado Department of Education, 1980.

Take a Nutrition Break: Lessons and Activities for Every Curriculum – Senior High. Colorado Department of Education, 1980.

## General Nutrition Education

“A Garden in Every School” School Garden Project. California Department of Education, 1999.

Dairy Council Food Models. 1991 edition and older edition.

Dairy Council Nutrient Density Cards. 1990 edition.

Fat Display Kit. Penn State Nutrition Center, Pennsylvania State University, 1993. *Provides information on serving size and amount of fat in convenience foods.*

Fat Models, 1 pound and 5 pound. NASCO, 1992.

Food Models, NASCO, 1992. *Life-like plastic replicas of a variety of different foods.*

Food Pyramid Lotto. Yummy Designs, Washington, 1993. *An educational game for ages 5 to adults which teaches: Pyramid Food Groups, including variety of choices and combination foods; limiting fats and sweets; low fat alternatives; balancing a day's menus; importance of grains, vegetables and fruits; and food safety.*

Food Pyramid Lotto – Spanish Version. Yummy Designs, Washington, 1993. *An educational game for ages 5 to adults which includes culturally appropriate foods and dishes. The game teaches Pyramid Food Groups, including variety of choices and combination foods; limiting fats and sweets; low fat alternatives; balancing a day's menus; importance of grains, vegetables and fruits; and food safety.*

Healthy Dividends – A Plan for Balancing Your Fat Budget. National Dairy Council, 1990. *Designed to help adults lower fat to 30 percent or less of calories and saturated fat to less than 10 percent of calories.*

Healthy Dividends – A Plan for Balancing Your Fat Budget, Leader's Guide. National Dairy Council, 1990.

Heart Disease Teaching Kit: Declaring War on Cholesterol and High Triglycerides. Betty Wedman, M.S., R.D., NASCO, 1986. *Includes visual aids (arterial plaque buildup samples and blood cholesterol/triglyceride samples); publication "Fats and Sugar in Heart Disease"; transparencies; and a study guide.*

How Much Fat? Part I. Young People's Healthy Heart Program, 1992. *Visual Aid – Test tubes display amount of fat in hot dog, fast food deluxe burger, fish, bologna, cheese, chicken, ground beef, skim milk and whole milk.*

How Much Fat? Part II. Young People's Healthy Heart Program, 1992. *Visual Aid – Test tubes display amount of fat in Hardee's French fries, McDonald's McLean deluxe burger, Pizza Hut pizza, Milky Way bar, Ritz crackers, graham and saltine crackers, regular and light potato chips, and regular ice cream and Dairy Queen ice cream.*

How Much Fat? Part III. Young People's Healthy Heart Program, 1995. *Visual Aid – Test tubes display amount of fat in five regular and reduced fat or lite products: margarine, mayonnaise, salad dressing, cream cheese and sour cream.*

How Much Salt? Young People's Healthy Heart Program, 1994. *Visual Aid – Test tubes display amount of salt in potato, potato chips, homemade soup, canned chicken noodle soup, pork chop, ham, canned chow mein, fast food Deluxe Burger, and a picnic meal.*

Produce Marketing Association Fresh Fruits Education Kit, 1990.

Produce Marketing Association 1992 Fresh Facts Education Kit. *Includes "5 a Day" guide, resource list, handouts and information from fruit and vegetable associations.*

Putting the Pyramid into Practice. Washington State Dairy Council, 1993. *Includes 40 slides with script and lessons plans for 1) Putting Serving Sizes into Practice; 2) Building a Pyramid Menu (Cultural Style!); and 3) Rating Your Diet with Pyramid Pointers.*

Pyramid Packet. Pennsylvania State Nutrition Center, 1993. *Packet to help educators teach about the Food Guide Pyramid.*

Pyramid Power Book. NASCO, 1994. *Activities on the Food Guide Pyramid for ages preK to adult. Activities include color by number, match-ups, pictogram riddles, hidden pictures, word scramble, nutrition puzzles, crossword puzzle, and personal diet assessments.*

Responsible Healthy Lifestyles Nutrition Education Teacher Resource File: Child Care. Utah State Office of Education, 1998. *A curriculum with nutrition activities for preschoolers focusing on the importance of eating breakfast and the Food Guide Pyramid.*

Sodium Display Kit. Penn State Nutrition Center, 1995. *Self-test display cards and food props convey the amount of sodium in various food groupings. Includes set up instructions, color poster, fact sheet, self-assessment tools, information signs and cards.*

Sugar and Sweeteners Display Kit. Penn State Nutrition Center, 1995. *Conveys the amount of sugar and sweeteners in various foods through the use of sugar and Equal packets. Conveys through the use of hearts, salt shakers and stars that some sweet foods provide more nutrients than others. Includes set up instructions, lists of amount of sweeteners in foods, stickers, quiz, fact sheet on sugar and artificial sweeteners, handout and poster.*

Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module A – Overview of Nutrition and Nutrition Education. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.

Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module B – A Variety of Foods. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.

Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module C – Influences on Food Choices. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.

Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module D – Daily Food Intake. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.

- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module E – Nutrients: Where Do They Come From? North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module F – Comparing Nutrient Contribution of Foods. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module G – Nutrition and Health. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module H – Food Handling. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module I – Energy Needs of the Body. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module J – Current Issues in Nutrition and Health. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition: A Nutrition Education Inservice for Elementary Teachers. Module K – Evaluating Nutrition Information: Fact or Fallacy. North Dakota Nutrition Education and Training Program, North Dakota Department of Public Instruction, 1985.
- Teaching Nutrition by Teams, Games, Tournaments: An Application of Behavioral Analysis (Elementary & Secondary). University of Maryland, 1979. (2 copies)
- Team Nutrition's Teacher Handbook: Tips, Tools and Jewels for Busy Educators. U.S. Department of Agriculture, 1997. *Summary of background and tools needed to implement the Scholastic Team Nutrition Curriculums.*
- The Heart Care Program: Dietary Management of Cholesterol. Hall-Foushee Productions, Inc., 1989. *Contains 1 audiocassette and 4 videos: Eating to Live, Living to Eat; Good and Healthy; How to Be a Low-Fat Eater in a High-Fat World; Tomorrow's Kitchen.*

### Nutrition Education for Preschoolers

ABC's of Nutrition for Young Children. West Virginia Department of Education, 1995. *A nutrition education curriculum which uses a train-the-trainer model to conduct workshops for CACFP child care sponsors. Includes training manual, transparencies and worksheet.*

A Preschool Nutrition Education Curriculum, Second Edition. Florida State Department of Education, 1992. (2 copies).

A Preschool Nutrition Education Curriculum: Training Manual, Second Edition. Florida State Department of Education, 1992. *Includes video.*

Adventures in Learning with the Food Guide Pyramid. Association for Child Development of Michigan and Illinois. *Incorporates nutrition education into daily activities to help children ages 3-6 learn the importance of following the recommendations of the Food Guide Pyramid.*

Arizona "Five a Day" for Better Health Activity Book. Arizona State Department of Education, 1991.

Beans, Peas and Broccoli Trees: Implementing the Dietary Guidelines in Child Care. Montana Child and Adult Care Food Program, Department of Health and Environmental Science, 1993. *Includes participant handouts, leader's guide and accompanying video, "Beans, Peas and Broccoli Trees."*

Be a Wellness Star (Ages 3 & 4). Florida Nutrition Education and Training Program, Florida Department of Education, 1992.

Chef Combo's Fantastic Adventures in Tasting and Nutrition. National Dairy Council, 1995. *Teaches simple nutrition concepts and encourages young children to be "food tasters." Includes hands-on tasting and nutrition activities including many simple recipes. Also includes parent newsletters in English and Spanish and the Chef Combo puppet. Developmentally appropriate for 4- and 5-year olds.*

Choose Well Be Well: A Curriculum Guide for Preschool and Kindergarten. California Nutrition Education and Training Program, 1984.

Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum. Katherine M. Brieger, 1993. *Simple ideas for teaching food and nutrition to children ages 3-8. Includes 10 units, 78 activities and multicultural recipes, a nutrition bingo game and 10 bilingual parent newsletters.*

Count to 5, Count to 6: Fun with Fruits, Vegetables and Grains. Vermont Department of Health, 1996. *Curriculum provides information, activities and recipes focusing on fruits, vegetables and grains. Includes "5 a day" message as well as eating more grains and whole grains. Designed for child care providers and preschool educators. (2 copies)*

Creative Food Experiences for Children, Revised Edition. Mary Goodwin and Gerry Pollen, CSPI, 1980.

Dakota Dog Dig Food, Fitness & Fun! Preschool Food & Movement Activities for All Seasons. North Dakota Department of Public Instruction, 2002. *A nutrition education and movement curriculum for child care providers caring for children 3 to 5 years of age.*

- Do Carrots Make You See Better? A Guide to Food and Nutrition in Early Childhood Programs. J. Appleton, N. McCrea and C. Patterson. Gryphon House, 2002. *Practical food learning experiences for early childhood programs.*
- Early Childhood Educator's Nutrition Handbook. Olson and Randell, Cornell University, 1979. (3 copies)
- Eat 5-A-Day Fruit and Vegetable Activity Packet. Yummy Designs, 1995. *This packet includes a variety of materials presenting 5-a- Day themes and messages. Includes four booklets: Fruits and Vegetable Lesson Booklet; Game Booklet; Story Book; and Coloring Book. Also includes five fruits and vegetable shaped beanbags. For ages 3-10.*
- Eatin' to the Beat. Minnesota Department of Children, Families and Learning, 1997. *Cassette tape of 7 songs with nutrition messages for young children.*
- Educator's Guide: Food Experiences for Young Children. Jill Randell and Christine Olson, Cornell University. (2 copies)
- Everyday Learning: Hands-On Nutrition Activities for Preschoolers. North Carolina Department of Public Instruction, 1994.
- Exploring Foods with Young Children: A Recipe for Nutrition Education. Florida State Department of Education, 1992. (3 copies)
- Five a Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children. Judy Cooper and Penny Masur Levy, Palm Beach County Health Department, Palm Beach, Florida, 1998. *Includes 10 lessons designed to provide interactive learning through a variety of activities for ages 3-5.*
- Food and Me: An Integrated Approach to Teaching Nutrition (Teacher's Kit Pre-K and Kindergarten). U.S. Department of Agriculture and Scholastic, Inc., 1995.
- Food and Nutrition Resource List for Child Care and Preschool Staff. National Food Service Management Institute, January 1998. *A compilation of resources for people involved in the child care profession. It includes food and nutrition education print materials, audiovisuals, and other resources for classroom use. Topics covered are general nutrition, food preparation, food safety, and dietary management. Teaching materials for children and adults include: food models, games, kits, videocassettes, and lesson plans. Available at: [www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm](http://www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm).*
- Food Groupie Early Nutrition Education Program. Food Groupie, Inc., 1992. *Geared for preschool to grade 1. Includes: Teacher's Guide; three videotapes; five Food Groupie characters; storybook; audiocassette; mobile; posters; stickers; and parent letters (English and Spanish).*
- Food Groupie Early Nutrition Education Program, Teacher's Guide Preschool – Grade 1. Food Groupie, Inc., 1991.
- Food Helps Kim Grow. Yakima Home Economics Association, Washington, 1974.
- Foods & Families Learning Package. General Mills, Inc., 1995. *Resource guide for planning early childhood curriculum. Includes art activities, active learning experiences, interactive bulletin boards, cooking projects, fingerplays, songs and parent newsletters.*



- Getting a Head Start with 5 a Day Fun Kit. Montana Department of Public Health and Human Services, 1996. *Includes activities, materials and resources designed to encourage young children and their families to eat more fruits and vegetables. Can be used in any child care setting (homes, centers and Head Start). Designed for preschool, but can also be used for grades K-3. Includes video with 20 minute segment for people working with preschoolers and a 30 minute segment of a teacher training session.*
- Good Food for Preschoolers. Connecticut Nutrition Education and Training Program, 1985. *Training manual and slide series for food service workers in preschool programs.*
- Good Food for Preschoolers Recipe Cards. Connecticut Nutrition Education and Training Program, 1985.
- Growing Healthy Bodies: Nutrition Education for Day Care Providers. Pacific Northwest Extension (Washington, Idaho, Oregon), 1993. *Includes video and study guide to show day care providers how to help children develop good eating habits and attitudes toward food.*
- Head Start Nutrition Education Curriculum. U.S. Department of Health and Human Services. *Nine units to promote experiences with a variety of foods and develop positive food habits of the preschool child.*
- Hot Food Facts for Cool Kids. NCES, 1994. *A Food Guide Pyramid full-color handout for kids. Includes suggested serving sizes for children ages 1 to 10 years; mealtime tips for parents; and a sample menu for a 4-year-old child.*
- How to Avoid "Eat It...It's Good for You" A Parent's Handbook of Nutrition Awareness and Activities for Preschoolers. Madalaine Pugliese, Massachusetts Department of Nutrition Education.
- I CAN – Child Adventures in Nutrition. Minnesota Department of Education, 1992. *Intended for ages 3-5. Focuses on experiential food-related activities to help young children learn to develop positive eating habits. (2 copies)*
- Integrated Nutrition Education and Training, Ages 3-8. Illinois State Board of Education.
- Kids' Club: Nutrition Learning Activities for Young Children. Barbara J. Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992. *Includes audiocassette and Kids Club puppets.*
- Kids' Club: Nutrition Learning Activities for Young Children (Spanish Version). Barbara J. Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992. *Spanish resources include information on Hispanic nutrition and culture, 2 complete lessons, lyrics to all songs and all 26 parent handouts translated into Spanish.*
- Kids' Club Cubs and the Search for the Treasures of the Pyramid. Barbara J. Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992. *(2 copies) Full-color, 40 -page story which teaches young children about the Food Guide Pyramid. Includes a puzzle and audiocassette which narrates the story and includes 11 songs.*
- Learning from Cooking Experiences: A Teacher's Guide to Accompany Cook and Learn. Thelma Harris, Addison-Wesley Publishing Co., 1981.
- More Than Mud Pies. Colorado Department of Education, 1980. *Includes 52 activity-based lessons on nutrition for preschoolers.*

Munchsters Talk About Food – Preschool Nutrition Program. The National Live Stock and Meat Board, 1989. *Purpose: To encourage children to improve their eating habits and try new foods.*

Nutrition Activities for Preschoolers. Debby Cryer, Adele Richardson Ray and Thelma Harms. Dale Seymour Publications, 1996. *Includes a training manual for teachers.*

Nutrition Activities: Preschoolers and Parents. Jill Randall and Christine Olson, Cornell University. (2 copies)

Nutrition and All That Jazz: A Nutrition Handbook for Preschool Teachers. Madalaine Pugliese, Massachusetts Department of Nutrition Education.

Nutrition and the Preschool Child: A Workshop for Teachers. Texas Department of Human Resources, 1984.

Nutrition Education for Child Care: A Training Program in 3 Modules. North Carolina Nutrition Education and Training Program, North Carolina Department of Public Instruction.

Nutrition Education for Preschoolers: A Resource Guide for Use in the Child Care Food Program. U.S. Department of Agriculture, 1983.

Nutrition Education Training Manual for Family Day Care Providers. New Jersey Nutrition Education and Training Program, New Jersey State Department of Education.

Nutrition for Infants and Children Under Six. Lina Ingraham, Cambridge Research Group, 1994. Focuses on nutritional needs as defined by the Food Guide Pyramid. *Includes manual and video, Nutrition for Infants and Children Under Six.* (2 copies)

Nutrition in a Changing World: A Curriculum for Preschool. Marbach, Plass and O'Connell, Brigham Young University Press, 1979.

Nutrition Notes: Musical Nutrition Education to Sing and Color. Barbara J. Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992.

Nutrition Resource Guide for Child Care. The University of Georgia and the USDA Food and Nutrition Service, Southeast Regional Office, 1993. *Includes information on nutrition, nutrition education activities, child development and food service operations.*

Puzzles for Children – Breakfast, Lunch and Dinner. Judy Instructo., Minneapolis, MN, 1990.

Show Me Healthy Habits: A Nutrition Domino Game. Missouri Nutrition Education and Training Program, Missouri Department of Health, 1993. *Preschool to grade 4: Game to teach basic functions and sources of calcium, protein, Vitamins A, C, and B, and iron.*

SPEAC (Students, Parents, Educators, Administrators, Children) for Nutrition: A Cooperative Adventure in Preschool Nutrition Education. Minnesota Department of Education, 1980.

Take a Bite Out of Music, It's Yummy! Mary Ann Hall, New England Association for the Education of Young Children, 1983. *Songs and activities to encourage good nutrition in preschool to early elementary grades.*

Teacher/Leader Guide to Dairy Council Food Models for Early Childhood Educators. National Dairy Council, 1992.

Teaching Children About Food: A Teaching and Nutrition Guide. Berman and Fromer, Bull Publishing Co., 1991.

Teaching for a Lifetime: Nutrition Education for Young Children- Nutrition Education Training Resource Manual. Barbara J. Mayfield, Noteworthy Creations, Inc., Indiana, 1994. *Includes information to provide an inservice training on doing nutrition education with young children. Also contains nutrition education lessons and assessment tools. Accompanying video.*

Teaching Nutrition to Those with Special Needs: Women, Infants and Young Children. Jill Randell, Cornell University, 1978.

The Crunchy Critter Club: A Nutrition Education Video Presentation for Early Childhood Programs National Food Service Management Institute and Georgia Nutrition Education and Training Program, Georgia Department of Education, 1990. *Appropriate for preschool through second grade. Each video contains 4 segments, 12-15 minutes long. Video #1 Crunchy Critter ( RT 90:00): Crunchy Critter & Friends; Crunchy says Let's Cook; Mealtime is Fun; Crunchy's Surprise Party. Video #2 Crunchy Critter Returns ( RT 90:00): Crunchy and the Teenage Nutrient Transformers; Crunchy Meets New Friends and Tastes New Food; Crunchy and Friends Go to the Circus; Crunchy Joins the Breakfast Brigade. (3 copies)*

The Foods I Eat...The Foods You Eat: Multicultural Nutrition Guide for Early Childhood Settings. Robert L. Duyff and Patricia C. McKissack. Many Hands Media, 1996. *Explores the multicultural world of food for preschoolers through grade 1. Includes "It's a Sandwich," "All Our Fruits and Vegetables" and an audiocassette of songs.*

The Heart Treasure Chest: Pre-K and K. The American Heart Association, 1984.

The Kids' Multicultural Cookbook: Food & Fun Around the World. Deanna F. Cook. Williamson Publishing, 1995. *Geared at ages 4-10, includes 50 recipes and games, jokes, activities, cultural traditions and customs.*

The Search for the Treasures of the Pyramid. Barbara J. Mayfield, M.S., R.D., Noteworthy Creations, Inc. 1994. *Introduces young children to the Food Guide Pyramid and the concepts it illustrates using simple, age-appropriate activities. Includes an audio tape of songs and a Food Guide Pyramid puzzle. Materials are designed for preschool through early elementary.*

Tickle Your Appetite: Team Nutrition's Nutrition Education Kit for Child Care. U.S. Department of Agriculture, 1998. *Intended for use by child care and Head Start providers, for home use and for involving the community. Messages include increasing variety, adding more fruits, vegetables and grains, and lowering fat. Includes video "Tickle Your Appetite" and audiocassette.*

Training for Healthy Eating: A Curriculum Guide for Preschool Teachers. Patricia McGrath Morris and Mary Hughes Hynes, Public Voice for Food and Health Policy, 1992. *Translates Food Guide Pyramid into train concept, including 8 teaching units with hands-on activities. (2 copies)*

Vegetable Magic: A Preschool and Kindergarten Nutrition Education Source Book. Michele Palmer and Arline Edmonds, Connecticut Nutrition Education and Training Program, 1981. (5 copies)

You're in Charge: Nutrition for Preschool Children. Sandra Cotterman, Society for Nutrition Education, 1984.

Yummy Designs Puppetry Packet (Preschool/Elementary). Includes "The Good Food Puppets Come Alive" (1990), and "The Adventures of Superbean and the Good Food Friends" (1988), Laurie Manahan. Includes lesson plans, activities and puppets. (2 sets)

## Videos

A Preschool Nutrition Education Curriculum. Florida State Department of Education, 1993. Four segments: A – Food: Its sources and uses (RT 12:10); B – Nutrition and the emerging life (RT 12:38); C – Food: What is it? (RT 9:00); D – Spreading the word about good health...teacher and parent involvement (RT 11:15).

Barely Bear and His Friends Learn to Like New Foods. National Food Service Management Institute, 1991. RT 6:20. Accompanies 10 Minute B-L-Training kit.

Beans, Peas and Broccoli Trees: Implementing the Dietary Guidelines in Child Care. Production West, 1993. RT 50:00. Accompanies "Beans, Peas and Broccoli Trees" leader's guide and materials. Includes five 10-minute sections: Dietary Guidelines; Planning Cycle Menus; Purchasing Nutritious Foods; Food Preparation; and Promoting Healthy Choices.

Getting a Head Start with 5 a Day. Montana Department of Public Health and Human Services, 1996. RT 60:00. Accompanies kit "Getting a Head Start with 5 a Day." Designed for preschool, but can also be used for grades K-3. Includes 20-minute segment for people working with preschoolers and a 30-minute segment of a teacher training session.

Kids' Kitchen. Foodplay, 1992. RT 45:00.

Nutrition Activities for Preschoolers. North Carolina Department of Education, 1994. RT 17:45.

Supermarket Smarts: The 5 A Day Way. Connecticut Department of Public Health and Connecticut Department of Social Services, 1997. RT 9:00.

Teaching for a Lifetime: Nutrition Education for Young Children. Barbara J. Mayfield, Noteworthy Creations, Inc., Indiana, 1994.

Tickle your Appetite. United States Department of Agriculture, 1998. Accompanies "Tickle Your Appetite: Team Nutrition's Nutrition Education Kit for Child Care. Includes "Different Foods" (RT 7:12), Food Fun-O-Rama (RT 5:18) and Milking Time (RT 5:00).

Ven y Busa Cinco al Dia en tu Supermercado. Connecticut Department of Public Health and Connecticut Department of Social Services, 1997. RT 11:00. Spanish version of "Supermarket Smarts: The 5 A Day Way."

## Nutrition Education for Elementary Students

A Child's Garden. Chevron Chemical Company, San Francisco, California, 1978.

A Food-Safe Plan: Food Safety Activities for Grades 4-6. Food Safety and Quality Service, Dayton Ohio.

Adventures of Mighty Egg: An Integrated Curriculum Unit Designed for Grades K-3. American Egg Board, 1993.

Body Trek: Learning Activities of Health and Nutrition for Upper Elementary and Middle School Students. The Dairy Council of Utah/Nevada, 1998. *Activities to support national health standards on anatomy and body systems, disease risk reduction, and healthy behaviors – healthy diet, fitness and dangers of smoking. Lessons are developed as interdisciplinary – reading, English and science activities.*

Bones, Bodies and Bellies. Diane A. Vaszily and Peggy K. Perdue. Good Year Books, 1994. *Interactive approach to learning for children in grades 3-6 on: how bodies are put together; how body systems work; nutrition required to keep bodies working properly.*

BreakfasTeam – A Nutrition and Fitness Education Program for Fifth and Sixth Graders. Connecticut Nutrition Education and Training Program, 1987.

Buying My Food: Test of Food Purchasing Behaviors for Upper Elementary Grades. National Dairy Council and Iowa State University, 1985.

Cafeteria Connections: Linking the Classroom and the Cafeteria. Utah State Office of Education, 1997. *A guide designed to make school foodservice personnel part of the nutrition education team at each school. Contains packets for each month of the school year with information, activities, bulletin board ideas, newsletters and promotion ideas.*

Catch the Wellness Bug. Florida Department of Education, 1993. *Wellness promotion activities for grades K-5, with reference to Year 2000 health Objectives. Includes video, "Catch the Wellness Bug."*

Chapter 2 – Choose a Healthy Lifestyle: Nutrition Education Program Based on the 1990 Dietary Guidelines, Levels 1-5. Growers of Washington State Apples, 1993. *Promotes health and fitness related to guideline "Maintain healthy weight."*

Choose Well Be Well: A Curriculum Guide for the Primary Grades. California Nutrition Education and Training Program, 1982.

Choose Well Be Well: A Curriculum Guide for the Upper Elementary Grades. California Nutrition Education and Training Program, 1982.

Connecticut Nutrition Curriculum, Grades 1-6. Connecticut Nutrition Education and Training Program, 1984.

Crunchy's Choice: A Point of Choice Nutrition Education Program for the Lower Elementary Grades (Preschool and Grades K-2). Georgia Nutrition Education and Training Program, 1991. (4 copies)

Delicious Decisions: Food Choices to Grow On – An Integrated Approach to Nutrition for Grades K-6. Dairy Council of Wisconsin, 1992.

Early Start to Good Health: My Food (Grades 1 & 2). American Cancer Society, 1991. Five units on encouraging food choices to lower cancer risk: Vegetables; Fruits; Grains; Legumes; and Fats.

Eat a Wide Variety of Food: Nutrition Education Program Based on the 1990 Dietary Guidelines – Level 1. Growers of Washington State Apples, 1993.

Eat a Wide Variety of Food: Nutrition Education Program Based on the 1990 Dietary Guidelines – Level 2. Growers of Washington State Apples, 1993.

Eat a Wide Variety of Food: Nutrition Education Program Based on the 1990 Dietary Guidelines – Level 3. Growers of Washington State Apples, 1993.

Eat a Wide Variety of Food: Nutrition Education Program Based on the 1990 Dietary Guidelines – Level 4. Growers of Washington State Apples, 1993.

Eat a Wide Variety of Food: Nutrition Education Program Based on the 1990 Dietary Guidelines – Level 5. Growers of Washington State Apples, 1993.

Eat the Five Food Group Way – Teacher Guide. National Dairy Council, 1993. *For primary and intermediate grades.*

Eat, Think and Be Healthy. Paula Klevan Zellar and Michael F. Jacobson, Center for Science in the Public Interest, 1987. *Includes 56 experiential activities geared to skill levels and interests of grades 3-6, but many activities are also appropriate for older children.*

Eat to be a Champion (Grades 4 & 5). New England Dairy & Food Council, 1992. *Developed in cooperation with the Boston Celtics, contains 4 lessons on healthy breakfasts and snacks.*

Every Day, Lots of Ways: An Interdisciplinary Nutrition Curriculum for K-6. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education, 1993. *Includes "5 a Day," Kindergarten to grade 1; "Every Day, Lots of Ways," grades 2 & 3; "Energy Choices," grades 4-6.*

Every Day, Lots of Ways: An Interdisciplinary Nutrition Curriculum for K-6. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education, Revised 1996. *Includes 35 lessons featuring 5 a day, the Food Guide Pyramid, and Energy Choices.*

Five a Day Adventures CD-ROM. Dole Food Company, 1995. *Software program for elementary students. Includes new food label, 5 a Day and songs.*

Five a Day Power Play! School Idea and Resource Kit. California Department of Education, 1995. *Provides 65 activities for integrating 5 a Day concepts in core curricular areas for fourth and fifth grade students.*

Five a Day" Supermarket Tours and Adopt-a-School Programs. Dole Food Company, 1992. *Includes activities and handouts for kids on fruits and vegetables.*

- Food and Me (PreK-K). U.S. Department of Agriculture and Scholastic, Inc., 1995. *Team Nutrition Curriculum for PreK to K.*
- Food Time (Grades 1 & 2). U.S. Department of Agriculture and Scholastic, Inc., 1995. *Team Nutrition Curriculum for Grades 1 & 2.*
- Food Works (Grades 3 – 5). U.S. Department of Agriculture and Scholastic, Inc., 1995. *Team Nutrition Curriculum for Grades 3 through 5.*
- Food Fun for Kids. National Pork Producers Council, 1996. *Lesson plans for grades 4-6, kid-friendly recipes, booklets and poster.*
- Food Fun for Teaching Nutrition: A Kit for Teaching Nutrition Grades K-3. Louisiana State Department of Education, 1979.
- Food Your Choice – Student Materials, Level 1 (Elementary). National Dairy Council, 1977.
- Foods Around the World. Dairy Council of Wisconsin, 1995. *Includes 15 countries (Australia, Brazil, China, Egypt, France, Germany, India, Italy, Japan, Kenya, Mexico, Russia, Sweden, Thailand, USA), with map, flag, food list, reference sheet, teacher/leader guide with 3 lessons and 20 activities for grades 2-6.*
- Fit for a King: The Smart Kids Guide to Food and Fun. American Academy of Pediatrics, 1998. *To help kids ages 8-11 and their parents understand the role of nutrition and regular physical activity in a healthy lifestyle. Includes video.*
- Fixing My Food: Grades 1-6 – A Test of Nutrition Behaviors Related to Selecting, Preparing and Serving Food. National Dairy Council and Iowa State University, 1985.
- Food and Nutrition Resources for Grades Preschool Through 6. National Food Service Management Institute, June 2000. Available at: [www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html](http://www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html).
- Fun with Foodella. South Dakota Department of Education, 1996. *A nutrition activity book for second graders. Includes teacher's guide and calendar.*
- Fun with Good Foods. Marla Zimmerman and Martha Cashi. U.S. Department of Agriculture, 1978.
- Getting to Know Your Heart: Lower Elementary. The American Heart Association Schoolsite Program, 1988. *Three modules, including lessons, handouts, games and videotapes.*
- Getting to Know Your Heart: Upper Elementary. The American Heart Association Schoolsite Program, 1988. *Four modules, including lessons, handouts, games and videotapes.*
- Gimme 5 Lite: A School Curriculum to Help Students Eat more Fruits and Vegetables. International Apple Institute and Centers for Disease Control, 1992. (2 copies)
- Gobble Up Math: Fun Activities to Complete and Eat for Kids in Grades K-3. Sue Mogard and Ginny McDonnell. The Learning Works, Inc., 1994. *Contains creative cooking activities that can be used by teachers and parents to teach basic math concepts. Children can eat their nutritious math experiments when they are done learning.*

Gobble Up Science: Fun Activities to Complete and Eat for Kids in Grades 1-4. Carol A. Johmann and Elizabeth J. Rieth. The Learning Works, Inc., 1996. *Contains creative cooking activities that can be used by teachers and parents to teach basic science concepts. Children can eat their nutritious science experiments when they are done learning.*

Growing Up Healthy: A Nutrition Education Program to be used with Grades K-8 by School Food and Nutrition Personnel. Georgia Department of Education.

HANK's Healthy Choices Resource Packet – Health Awareness for Kids. Working Well Together, 1995. *Four lessons on fitness, safety, nutrition and disease prevention for elementary students.*

Healthy Growing Up. McDonald's Corporation, 1992. *Geared at goals of Healthy People 2000. Includes modules with activities and projects on nutrition, fitness and self-esteem for grades K-3.*

Heartfest at School: Kindergarten – Fruits and Vegetables. American Heart Association, 1993.

Heartfest at School: First Grade – Festival of Fruits and Vegetables. American Heart Association, 1993.

Heartfest at School: Second Grade – Hunting for Healthful Snacks. American Heart Association, 1993.

Heartfest at School: Third Grade – Let's Find Healthful Snacks. American Heart Association, 1993.

Heartfest at School: Fourth Grade – Have Yourself a Super Heart. American Heart Association, 1993.

Heartfest at School: Fifth Grade – Learning About Fat and Your Health. American Heart Association, 1993.

Heartfest at School: Sixth Grade – Lower the Fat, Boost Your Heart. American Heart Association, 1993.

Heartfest at School: Implementation Guide. American Heart Association, 1993.

Heartfest at School: Cafeteria Activities. American Heart Association, 1993.

How to Teach Nutrition to Kids. Connie Evers, R.D. 24 Carrot Press, 1995. *Includes over 200 activities to integrate nutrition into classroom, cafeteria and home environments. Geared for ages 6-10.*

How to Teach Nutrition to Kids: Leader/Activity Guide. Connie Evers, R.D. 24 Carrot Press, 1995. *Provides dozens of copy-ready nutrition education activities including self-assessment, goal-setting, label reading, puzzles, calendars and more.*

I Am What I Eat: Nutrition Education in the Classroom – A Guide for Teachers K-8. Natick Public Schools, MA, 1981.

Janey Junkfood's Fresh Adventure Follow-Up Activity Guide. Foodplay Productions, 1992. *Accompanies Janey Junkfood's Fresh Adventure video.*

Journey to the Health Zone: First Grade Nutrition and Fitness. Weight Watchers, 1991. *Includes audiotape of songs.*



Kitchens are for Kids – Book 1 (K-4). Missouri Department of Elementary and Secondary Education, 1981. *Stories to teach reading skills and nutrition education concepts simultaneously.*

Kitchens are for Kids – Book 1 (K-4): Teachers' Guide. Missouri Department of Elementary and Secondary Education, 1981.

Kitchens are for Kids – Book 2 (K-4). Missouri Department of Elementary and Secondary Education, 1981. *Stories to teach reading skills and nutrition education concepts simultaneously.*

Kitchens are for Kids – Book 2 (K-4): Teachers' Guide. Missouri Department of Elementary and Secondary Education, 1981.

Kitchens are for Kids – Book 3 (K-4). Missouri Department of Elementary and Secondary Education, 1981. *Stories to teach reading skills and nutrition education concepts simultaneously.*

Kitchens are for Kids – Book 3 (K-4): Teachers' Guide. Missouri Department of Elementary and Secondary Education, 1981.

Kitchens are for Kids – Book 4 (K-4). Missouri Department of Elementary and Secondary Education, 1981. *Stories to teach reading skills and nutrition education concepts simultaneously.*

Lady Bugs and Lettuce Leaves: Gardening and Environmental Education Cards for Reading, Seeding, Doing, Feeding. Somerville, Massachusetts School Department, 1978.

Lady Bugs and Lettuce Leaves: Teacher's Manual. Somerville, Massachusetts School Department, 1979.

Learn from Lunch: A K-6 Nutrition Education Activity Resource. State of Hawaii Department of Education, 1994. *Nutrition education activities integrating classroom teaching with school lunch.*

Nifty Nutrition, with Skill Integration Activities: Grade K. Arkansas Department of Education, 1998. *Provides sequential learning experiences and integrates hands-on food experiences with language arts, reading and math skills as it teaches nutrition concepts. Focus on partnership for classroom-cafeteria connections.*

Nifty Nutrition, with Skill Integration Activities: Grade 6, Your Bodyworks. Arkansas Department of Education, 1998. *Provides sequential learning experiences and integrates hands-on food experiences with language arts, reading and math skills as it teaches nutrition concepts. Focus on partnership for classroom-cafeteria connections. Includes video.*

NUSC 342: Nutrition Education for Elementary School Children – Information and Outlines. Connecticut Nutrition Education and Training Program, 1980.

Nutrition Activities for After-Schoolers (Grades K-5). Georgia Nutrition Education and Training Program, 1993.

Nutrition and You: Student Book 1 – A Nutrition Education Program for Children in the Primary Grades. Kenneth Radigan and Rene Weber, CBS, Inc., 1979. (2 copies)

Nutrition and You: Student Book 2 – A Nutrition Education Program for Children in the Primary Grades. Kenneth Radigan and Rene Weber, CBS, Inc., 1979. (2 copies)

- Nutrition and You: Teacher's Edition of Student Book 2 – A Nutrition Education Program for Children in the Primary Grades. Kenneth Radigan and Rene Weber, CBS, Inc., 1979. (4 copies)
- Nutrition and You: Student Book 3 – A Nutrition Education Program for Children in the Primary Grades. Kenneth Radigan and Rene Weber, CBS, Inc., 1979. (3 copies)
- Nutrition and You: Teacher's Edition of Student Book 3 – A Nutrition Education Program for Children in the Primary Grades. Kenneth Radigan and Rene Weber, CBS, Inc., 1979. (2 copies)
- Nutrition Comes Alive: Munch with Munch, Level K – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985. (2 copies)
- Nutrition Comes Alive: Let's Go Exploring, Level 1 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985. (2 copies)
- Nutrition Comes Alive: Be a Choosy Chewer, Level 2 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985. (2 copies)
- Nutrition Comes Alive: The Food Peddlers, Level 3 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985. (3 copies)
- Nutrition Comes Alive: The Great Balancing Act, Level 4 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985.
- Nutrition Comes Alive: The Nutrient Connection, Level 5 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985.
- Nutrition Comes Alive: A Case of Waste, Level 6 – Nutrition Educator's Guide, Revised Edition. New York State Department of Education, 1985.
- Nutrition Consumer Education for Young Children. Shirley Oliver and Katherine Musgrave, Minnesota State Department of Educational and Cultural Services, 1978.
- Nutrition in a Changing World: A Curriculum for Primary Level, Grades 1-3. Marbach, Plass and O'Connell, Brigham Young University Press, 1979.
- Nutrition in Action: A Creative Dramatics Nutrition Minicourse for Grades 4-6. Angela Mancinelli, Connecticut Nutrition Education and Training Program, 1983.
- Nutrition in the Social Studies: An Instructional Package for Grades K-6. Tanya Wapensky, Wisconsin Nutrition Education and Training Program, Wisconsin Department of Public Instruction, 1981.
- Play it Safe: Goals for Food Safety. U.S. Department of Agriculture, Food Safety and Inspection Service, 1990. *A food safety educational program designed for use in health and science classes with students in grades 4-6.*
- Pyramid Builders Nutrition Activities: Nutrition Curriculum for Grades K-6. Kansas State Board of Education, 1993. (2 copies)

Responsible Healthy Lifestyles Nutrition Education Teacher Resource File: Grades K-6. Utah State Office of Education, 1998.

Shaping Up My Choices. Dairy Council of California, Revised 1998. *Curriculum for 5<sup>th</sup> grade teachers to change kids attitudes and behaviors about health, nutrition and the importance of making wise food choices. Includes student workbooks, teacher's guide, food picture cards and transparencies.*

Show Me Healthy Habits: A Nutrition Domino Game. Missouri Nutrition Education and Training Program, Missouri Department of Health, 1993. *Preschool to grade 4: Game to teach basic functions and sources of calcium, protein, Vitamins A, C, and B, and iron.*

Show the Way to 5-a-Day! A Nutrition Resource Guide for Elementary School Teachers. Vermont Department of Health, 1993.

Smart Nutrition: Activities Designed to Align Nutrition and Standardized Objectives for Grades K-6. Arkansas Department of Education, 2001. Take a Nutrition Break: Lessons and Activities for Every Curriculum (Elementary). Colorado Department of Education, 1980.

Snack Smart. Florida Department of Education, 1992. *An educational unit designed for use with K-8 grades. Includes six lesson plans coordinated with the 1990 Dietary Guidelines and pre/post test for evaluation. Includes student activity worksheet and recipes designed to encourage healthy snacks with decreased sodium, fat and sugar.*

Snack Stars: Personal Exploration into Nutritious Snacking – Teacher's Guide. National Dairy Council, 1993. *Includes interdisciplinary lessons. Teaches five food groups approach for primary grades.*

Snack Treks: Adventure in Healthy Eating – Teacher's Guide. National Dairy Council, 1993. *Intermediate grades.*

Spud Man Puppetry Packet. Gayle L. Lopes, R.D. and Patricia M. Stein, M.S., M.A., R.D., 1994. *"Spud Man" helps make over "Slouchy Potato" into "Perky Potato" by teaching healthy eating habits and fitness. Message to kids is we each have our own physical potential and we can make the most of it through healthy eating and exercise. Includes three puppets and script booklet. Suitable for Kindergarten through grade 4. (2 copies)*

Staying Healthy: What Can I Do First Steps to Prevent Cancer. David J. Schonfeld, Marcia Quackenbush and Hugh Bases, 1999. *A curriculum for grades K-6.*

Taking a Look at Food Quality: An Activity Program About Food Grading for Students in Grades 4-6. Food Safety and Quality Service, Dayton Ohio.

Ten Lesson Plans for Summertime Nutrition Education with Children age 7-10. Vermont Nutrition Education and Training Program, Summer 1992.

The Doofus Stories. Deborah Bernick and Carol Bershad, Newton Public Schools Foundation, 1978. *Stories about a funny bird-like creature to complement lessons on nutrition and fitness at the elementary level. (3 copies)*

- The Doofus Stories: Teacher's Guide and Resource Manual – Nutrition and Fitness Curriculum for the Early Elementary Grades. Deborah Bernick and Carol Bershad, Newton Public Schools Foundation, 1978. (2 copies)
- The Great Pear-a-mid: An Educational Kit for School Food Service. Pacific Coast Canned Pear Service, 1993. *Objective: To teach children about the Food Guide Pyramid, and importance of fruit in the diet (grades 3 and up).*
- The Nutrition Diner: An Interactive Guide to Nutrition Education (CD-ROM). Florida Department of Education, 2003. *This interactive CD-ROM provides a science-based foundation in nutrition for both the classroom teacher and the school foodservice professional to provide sound nutrition information to students. Includes stand-alone multi-faceted and/or interactive lessons for PreK-12.*
- The Organic Puppet Theatre: Children's Activities in Health Awareness. Terry Louis Schultz and Linda M. Sorenson, Night Owl Press, 1983.
- The Science Chef: 100 Fun Food Experiments and Recipes for Kids. Joan D'Amico and Karen Eich Drummond, R.D., 1995. *Teaches basic science by doing fun cooking projects. All experiments and recipes require common kitchen ingredients and utensils.*
- The Math Chef. Joan D'Amico and Karen Eich Drummond. John Wiley & Sons, Inc. 1997. *Contains over 60 math activities and recipes for kids.*
- The SPIN (Special Program in Nutrition) Program: Good Nutrition Practices for Heart Health – A Manual of Instruction for Third and Fourth Grade Students and Their Families, Volume I. Gladstone Foundation for Cardiovascular Disease, University of California, San Francisco, 1989.
- The SPIN (Special Program in Nutrition) Program: Good Nutrition Practices for Heart Health – A Manual of Instruction for Third and Fourth Grade Students and Their Families, Volume II. Gladstone Foundation for Cardiovascular Disease, University of California, San Francisco, 1989.
- The SPIN (Special Program in Nutrition) Cookbook: A Collection of Heart Healthy, Low Fat and Low Cholesterol Recipes. Gladstone Foundation for Cardiovascular Disease, University of California, San Francisco, 1989.
- The Unhappy Alligator: A Puppet Show for Grades 1-5. Florida Department of Citrus, 1978. *Objective: To get children to eat a nutritious breakfast.*
- Watch Me Grow: Fun Ways to Learn About Cells, Bones, Muscles, and Joints – Activities for Children 5 to 8. Michelle O'Brien-Palmer. Chicago Review Press, 1999.
- West Virginia Nutrition Curriculum K-6. West Virginia Department of Education, 1983.
- What Happens to a Hamburger. Paul Showers. Harper Collins Publishers, 2001. *Takes children ages 5-9 on a journey through the digestive system. Includes activities.*

Your Game Plan for Food Safety Teacher's Activity and Experiment Guide. A "Fight BAC™" Food Safety Education Program for Grades 4-6. The Partnership for Food Safety Education and the Food Marketing Institute, 1999. *Education program for grades 4-6. Includes posters, activities, experiments, home survey, Take-home BAC catchers and video, "BAC Attack! How Our School Fought BAC for Food Safety."* RT 19:45.

5 a Day Idea Kit: 5 a Day Initiatives for the Cafeteria, Classroom and Community Using Multi-Level Interventions (K-5). North Carolina Nutrition Education and Training Program, 1999. *Targets elementary school community in an effort to increase consumption of fruits and vegetables by young children by providing consistent messages in the classroom, cafeteria and community.*

## Videos

Catch the Wellness Bug. Florida State Department of Education, 1993. RT 15:00. *Accompanies "Catch the Wellness Bug" elementary modules.*

Fit for a King: The Smart Kids Guide to Food and Fun. American Academy of Pediatrics, 1998. RT 9:00. *To help kids ages 8-11 and their parents understand the role of nutrition and regular physical activity in a healthy lifestyle. Accompanies education materials.*

Five a Day. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education, 1993. RT 4:31. *Accompanies "Every Day, Lots of Ways" curriculum. Describes ways to increase fruits and vegetables in kid's meals.*

From Farm to Food. Pennsylvania Nutrition Education and Training Program, Pennsylvania Department of Education. RT 4:31. *Accompanies "Every Day, Lots of Ways" curriculum.*

Janey Junkfood's Fresh Adventure. Foodplay Productions, 1992. RT 30:00. *A fun approach to teaching children about good nutrition, including cutting down on fat and sugar; increasing fruits, vegetables, and whole grains; label reading; maintaining a healthy weight; and enjoying physical activity. Ideal for ages 4-12. Has accompanying Follow-Up Activity Guide.*

Look Who's Cooking! Georgia Department of Education, 1997. *Video targeting primary grade students. Demonstrates food preparation activities while family members help reinforce the basics of math, language arts, nutrition and science.* RT 30:00.

Staying Healthy – Helping Yourself. Wisconsin Department of Public Instruction. RT 9:10. *Sanitary self-service in School Lunch: Geared towards upper elementary children.*

Teaching Kids Good Nutrition. National Health Video, Inc., Los Angeles, CA, 1993. RT 14:00. *Lively, multicultural video featuring children discovering healthy snacks, the importance of breakfast, easy-to-make nutritious sandwiches and the benefits of good nutrition. For grades 3-6.*

What's On Your Plate. McDonald's Corporation, 1993. *Nutrition education for grades K-5. Accompanying leader guide and activity brochure.*

USDA Team Nutrition Video, U.S. Department of Agriculture, 1995. *Features the two Disney Lion King PSA's on healthy eating for kids, Team Nutrition and the Great Nutrition Adventure.*

## Nutrition Education for Secondary Students

Adolescent Nutrition: Assessment and Management. Vaughn I. Rickert, Editor. Chapman & Hall, 1996. *A comprehensive nutrition reference for adolescent health with a focus on the developmental period (12-21 years).*

Adolescent Nutrition Resource Packet. Penn State Nutrition Center, 1992. *Contains background readings; activities; display ideas; list of recommended books, curriculums, audiovisuals and resource organizations. Topics include special nutrients for teens; weight control, exercise and sports nutrition; eating disorders; fat, cholesterol and sodium; artificial sweeteners and alcohol; classroom activities.*

Alcohol Nutrient Interaction. Florida Department of Education, 1990. *Program designed for use in middle or high school nutrition classes or with "at risk" school populations. Includes videotape "Adventures of the Spaceship Baud" and Activity Module.*

Baking Basics Teacher's Reference Manual. Home Baking Association, Inc., 1995. *General text on baking fundamentals, with reference information for each of the five Baking Basics lessons.*

Baking Basics Lesson #1: A Lesson in Basic Batter for Pancakes & Muffins. Home Baking Association, Inc., 1995. *Baking lesson for Home Economics students. Includes video.*

Baking Basics Lesson #2: A Lesson in Basic Cookies. Home Baking Association, Inc., 1995. *Baking lesson for Home Economics students. Includes video.*

Baking Basics Lessons #3 and #4: Double Lessons in Yeast Bread and Baking Powder Biscuits. Home Baking Association, Inc., 1995. *Baking lesson for Home Economics students. Includes video.*

Baking Basics Lesson #5: Pizza Basics. Home Baking Association, Inc., 1995. *Baking lesson for Home Economics students. Includes video.*

Body Trek: Learning Activities of Health and Nutrition for Upper Elementary and Middle School Students. The Dairy Council of Utah/Nevada, 1998. *Activities to support national health standards on anatomy and body systems, disease risk reduction, and healthy behaviors – healthy diet, fitness and dangers of smoking. Lessons are developed as interdisciplinary – reading, English and science activities.*

Changing the Course: Intermediate (Grades 7-9) Curriculum. American Cancer Society, 1990. *Includes 4 modules: Exploring Health Risks; Lowering Your Risk; Factors that Influence Food Choices: A Balancing Act – Eating and Exercising to Stay in Shape. Includes slides and transparencies.*

Changing the Course: Implementation Guide for Intermediate (Grades 7-9) Teachers. American Cancer Society, 1990.

Changing the Course: Secondary (Grades 10-12) Curriculum. American Cancer Society, 1990. *Includes 4 modules: Exploring Health Risks; Lowering Your Risk; Setting Your Goals in Motion: A Balancing Act – Eating and Exercising to Stay in Shape. Includes slides and transparencies.*

Changing the Course: Implementation Guide for Secondary (Grades 10-12) Teachers. American Cancer Society, 1990.

Choices: It's Time to Eat Right (Healthy Food Choices for Teens). Hawaii State Department of Education, 1992. *Topics include: Dietary Guidelines, Weight Management, Food Labels, Nutrient Supplements, Recipe Modifications, Life Cycle, and Nutrition & Athletes. Includes 18 minute video.*

Choose Well Be Well: A Curriculum Guide for Junior High School. California Nutrition Education and Training Program, 1984.

Choose Well Be Well: A Resource Manual for Secondary Teachers. California Nutrition Education and Training Program, 1982.

CHOW! A Nutrition Curriculum for Grades 7-12. Center for Science on the Public Interest, 1995. *The activities in this curriculum provide useful nutrition information on which students can base their choices, and they appeal to student interests, such as food advertising, weight control, and the relationship between food and the environment. Includes teacher's guide with ten lesson plans, each with its own suggested activities and master handouts. Includes video.*

Classroom Activities for Grades 5-12 for World Food Day, October 16, 1981. Ohio Department of Education, Division of Elementary and Secondary Education, 1981.

Cut the Fat, Keep the Flavor: Resource Unit About the Role of Agricultural Genetics in Reducing Saturated Fat in Food Oils. Iowa State University Extension Service, 1999. *Explains how techniques in agricultural genetics are being used to bring food products that are lower in saturated fat to the marketplace. Designed for use by science, agriculture, nutrition or family and consumer sciences teachers with students in grades 6-12 or with other youth and adult audiences. Contains classroom activities based on the experiential learning model, overhead masters, student handouts and background information for instructors.*

Dietary Guidelines Teaching Kit. U.S. Department of Agriculture, Human Nutrition Information Service, 1992. *Ideas for presenting Dietary Guidelines to junior and senior high school students.*

Don't Touch that Dial: One Week Nutrition Education Unit for Middle School. Florida Department of Citrus, 1991. (2 copies)

Eating Today. Florida Department of Education, 1993. *For middle and high school. Seven instructional units on nutrition, teacher instruction and nutrition computer analysis, on topics of Food Guide Pyramid and Dietary Guidelines. Includes video "Eating Today" and "Eat for Health" nutrient analysis computer software program.*

Exercise Your Options (Middle School). Oregon Dairy Council, 1995. *Issues include changes in physical characteristics, health decisions and connection between food choices and activity. Students use Food Guide Pyramid and workbook as basis for creating a plan to improve nutrition, physical activity and overall health. Includes reproducible handouts.*

Fat: A Balancing Act – A Fat Budgeting Program for Teenagers. Washington State Dairy Council, 1993. *Includes 3 lesson plans: Five Food Groups and More; Personal Fat Budget; and Trade-offs.*

Fit Kid Connection: A Nutrition Behavior Change Program for 7<sup>th</sup> and 8<sup>th</sup> Graders. Ohio Department of Education, Nutrition Education and Training Program, 1998. *Emphasizes rewarding students for making positive behavior changes. Includes a 60-minute video, Teacher's Workbook and 55 reproducible student handouts.*

- Food and Nutrition Curriculum Examples: Minnesota Secondary Home Economics. Minnesota Department of Education, 1986.
- Food and Nutrition Resources for Grades 7 Through 12. National Food Service Management Institute, May 2001. Available at: [www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html](http://www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html).
- Food Choice Inventory: A Test of Food Choice Behaviors for Students in Junior and Senior High School and Adults. National Dairy Council and University of Illinois at Chicago, 1985. *Manual and test*
- Food, Energy and Fitness: A Nutrition Module for Secondary Schools. Connecticut Nutrition Education and Training Program, 1981.
- Food for Thought Learning Activity Kit. Chef Boyardee, 1994. *Lessons on food labeling, Food Guide Pyramid, food biotechnology and irradiation.*
- Food Risks: Perception vs. Reality. A Program to Promote Food Risk Awareness and Understanding. Food and Drug Administration/Department of Health and Human Services and the International Food Information Council, 1993. *Presents food safety information to high school students.*
- Food Safety: Your Responsibility – Food Safety Activities for Grades 7-12. Safety and Quality Service, Dayton Ohio.
- Food: Where Nutrition Policy and Culture Meet. Katz and Goodwin, CSPI, 1976.
- Fueling the Teen Machine. E. Shanley and C. Thompson. University of Connecticut, Bull Publishing Company, 2001.
- Grow and Go Junction: A Nutrition Guide for Active Teens (Junior High): Teaching Guide. Sylvia Marple, New Hampshire Department of Education, 1984. (2 copies)
- Growing Up Healthy and Eating Right with the Dietary Guidelines: A Curriculum Supplement for Upper Elementary and Middle School Teachers. Maryland State Department of Education, 1992.
- Health Answers. Missouri Department of Health, 1994. *Health messages and lesson plans for junior and senior high.*
- Health Fraud Kit (High School Level). Department of Health and Human Services, 1989.
- Healthy Lifestyles: Nutrition Personal Health: Secondary Level. Utah State Office of Education, 1998. *Classroom activities to support each of Utah's identified objectives for students' personal health.*
- Heart Challenges: Nutrition and the Athlete (Senior High School). The American Heart Association Schoolsite Program, 1989.
- Heart Challenges: Save a Sweet Heart (Senior High School). The American Heart Association Schoolsite Program, 1989.
- Heart Challenges: Take Charge (Senior High School). The American Heart Association Schoolsite Program, 1989.



Heart Decisions: Middle School. The American Heart Association Schoolsite Program, 1989. *Four modules, including lessons, handouts and videotapes.*

High Five: A Nutrition Promotion for High School Youth. State of Florida Department of State, 1996. *Concepts include: Food Guide Pyramid, Eating Healthy on the Run; Reading Food Labels; Diet and Heart Disease; Diet and Hypertension; Diet and Cancer; Healthy Vegetarian Diets; Compulsive Overeating; Bulimia Nervosa and Anorexia Nervosa. Includes teachers' guide and video.*

K-12 Teacher Resources for Food History Lessons. Morris County Library, New Jersey, August 2002. *Lots of information on food history and period recipes. Available at: [www.gti.net/mocolib1/kid/food2.html](http://www.gti.net/mocolib1/kid/food2.html).*

Love Those Vegetables. Wisconsin-Minnesota Canned Vegetable Council, Inc., 1996. *Designed to help middle and high school students learn how vegetables in the diet can help them lead healthier lives. Includes 7 lessons with suggested products and projects to help students apply learning skills in reading, writing and mathematics.*

Mirror, Mirror: A Resource Guide for Helping Adolescents Develop a Positive Body Image and Maintain a Healthy Weight. National Cattlemen's Beef Association, 1998. *For use with grades 7-12.*

My Personal Trainer: Interactive Total Health Awareness Software Program for High School Students. Florida Department of Citrus, 1992. *IBM version disks (3 1/2" and 5 1/4") and apple version.*

Nutrition Achievement: Test 4 For Students in Junior and Senior High School and Adults – Manual and Test. National Dairy Council and University of Illinois at Chicago, 1985.

Nutrition Addition: Learning Activity Packets, Grades K-12. Massachusetts Department of Education, 1981. *Topics include: Healthful Snacks, Breakfast, Dental Health (K-3); Daily Food needs, Good Lunch (4-6); Individual Nutrient Needs, Consumer Practices, Food Handling Practices; Undernutrition/Overnutrition, World Food Problems (10-12).*

Nutrition and Dental Health Activity Manual. Georgia Department of Education, 1985.

Nutrition Education Activities for Teenagers (N.E.A.T.). Florida Department of Education, 1994.

Nutrition Education Manual (Elementary & Secondary). New Hampshire Nutrition Education and Training Program, 1981.

Nutrition for Life: Fit is It!, Grades 9-12. Division of Nutritional Sciences, Cornell University, NY, 1988.

Nutrition for Life, Grades 7 & 8. Division of Nutritional Sciences, Cornell University, NY, 1987. *Three units: Spanning the Years; Exploring Food Choices (Consumerism); Food and Fitness. (2 copies)*

Nutrition for Life: Now You're Cooking!, Grades 9-12. Division of Nutritional Sciences, Cornell University, NY, 1988. *Basic principles and skills of food preparation, including integrating Dietary Guidelines.*

Nutrition on the Run: Exploring the Marketplace (Teenagers). Sunburst Communications, 1980. *Teacher's Guide & video. Lesson on food choices, fast foods and snack foods.*

Project Nutrition – A Nutrition Education Unit (Secondary) from Kellogg Company. Kellogg Co., 1979.

Putting Your Heart into the Curriculum (Grades 9-12). American Heart Association, 1982.

Pyramid Plus. Oregon Dairy Council, Revised 2000. *Reflects current nutrition issues and concerns of teens. Complete nutrition program based on USDA Food Guide Pyramid. Lesson stress a balanced approach to key nutrition issues, including healthy weight and body image, eating for convenience and performance, using the Nutrition facts Food Labels to make wise food choices, and focus on nutrient density of foods. Includes reproducible handouts and instructor's guide.*

SLIC – Secondary Level Interdisciplinary Curriculum. Pennsylvania Department of Education, 1997. Includes integrated themes for grades 9-12: Special Concerns in Nutrition, Disordered Eating; Alternative Eating; Physical Activity and Food Safety.

Take a Nutrition Break: Lessons and Activities for Every Curriculum – Junior High. Colorado Department of Education, 1980.

Take a Nutrition Break: Lessons and Activities for Every Curriculum – Senior High. Colorado Department of Education, 1980.

Take Control! Manage Your Weight to Look Good and Feel Great, Second Edition. North Carolina Department of Public Instruction, 1991. *Teaching resource in adolescent nutrition and weight management, for health, physical education and home economics teachers, school child nutrition managers.*

Teenage Nutrition: Prevention of Obesity, Now and For a Lifetime. Instructor's Manual. Michael C. Pouliot, RD and Anastasia Pouliot, MPH., RD., Mind Your Body, 1997. *Includes video "Teenage Nutrition: Prevention of Obesity, Now and For a Lifetime."*

The Aisles Have It: A Consumer Education Program for Teens. Dairy Council of Wisconsin, 1991. *Encourages teens to purchase nutritious foods. Includes five lesson plans with blackline masters on unit pricing, food labels and factors that influence purchasing. Accompanying video.*

The Can-Do Eating Plan for Overweight Kids and Teens: Helping Kids Control Weight, Look Better, Feel Great. Michelle Daum, M.S., R.D. Avon Books, 1997.

The Danger Zone: A Food Service Safety Program for Teens. U.S. Department of Agriculture, 1991. *Teacher's Guide and video.*

The New Food Label: There's Something in it for Everybody. Department of Health and Human Services, U.S. Department of Agriculture and International Food Information Council, 1995. *A food label education program for high school students.*

You Are What You Eat. Betsy McAllister, Sundra Pitts, Margaret Finney, and Kelley Graves. J. Weston Walch, Publisher, 1994. *An interdisciplinary unit on digestion and nutrition for middle school grades. Explains how the digestive system works, why a balanced diet is important to health, how much water is in the body, and where the foods we eat are produced. Students experiment, research, calculate and interpret data to find answers.*

yourSELF Middle School Nutrition Education Kit. U.S. Department of Agriculture, 1998. *Contains materials that help 7th & 8th graders learn to make smart choices about eating and physical activity. The materials convey respect for increasing adolescent control over their own health. Multimedia kit includes multiple copies of magazines and workbooks, a teacher's guide, duplication masters, video, and ideas for linking the school dining room and classroom.*

## Videos

A Crash Course in Calcium. National Dairy Council, 1998. RT 22:00. *Video designed for grades 7-12. Focuses on calcium and bone health.*

Alcohol Nutrient Interaction. Florida Department of Education, 1990. *Accompanies manual "Alcohol Nutrient Interaction."*

Baking Basics Lesson #1: A Lesson in Basic Batter for Pancakes & Muffins. Home Baking Association, Inc., 1995. RT 17:00. *Accompanies curriculum.*

Baking Basics Lesson #2: A Lesson in Basic Cookies. Home Baking Association, Inc., 1995. RT 17:00. *Accompanies curriculum.*

Baking Basics Lessons #3 and #4: Double Lessons in Yeast Bread and Baking Powder Biscuits. Home Baking Association, Inc., 1995. RT 17:00 (Yeast Bread), RT 20:00 (Baking Powder Biscuits). *Accompanies curriculum.*

Baking Basics Lesson #5: Pizza Basics. Home Baking Association, Inc., 1995. RT 16:00. *Accompanies curriculum.*

Choices: It's Time to Eat Right. Hawaii State Department of Education, 1992. RT 18:00. *Accompanies manual "Choices: It's Time to Eat Right."*

Choosing a Healthy Start. Hawaii State Department of Education, 1992. RT 15:10. *Accompanies manual "Choices: It's Time to Eat Right."*

CHOW! A Nutrition Curriculum for Grades 7-12. Center for Science in the Public Interest, 1995. RT 28:28. *Accompanies CHOW curriculum.*

Digging for Data. National Live Stock and Meat Board, 1990. RT 22:00. *Introduction to role genetics and diet play in determining height (grade 6). Includes teacher guide and handouts. Also accompanies Pennsylvania Nutrition Education and Training Program's Mid-LINC curriculum.*

Eating Today. Florida Department of Education, 1993. RT 15:00. *For middle and high school. Explains a dietary record, the Food Guide Pyramid and Dietary Guidelines. Accompanies "Eating Today" curriculum.*

High Five. State of Florida Department of State, 1996. *Accompanies the educational program "High Five: A Nutrition Promotion for High School Youth."*

Invest in Yourself: A Sports Nutrition Video for Adolescents. Florida Department of Education, 1997. RT 20:00. *Accompanies "Invest in Yourself: A Sports Nutrition Manual or High School and Middle School Coaches, Trainers and Teachers."*

Nutritional Rap. Delaware Nutrition Education and Training Program, 1992. *Geared at communicating good nutritional habits to teenagers.*

Safe Dieting for Teens. Linda Ojeda, Ph.D. Hunter House, 1993. *Discusses fad diets, eating habits, diet program, ideal weight and diet plans. For grades 8-12.*

Smart Snacking with the New Food Labels and Food Guide Pyramid. Pineapple Appeal, 1994. RT 20:00. (2 copies) *Takes kids (grades 6-12) on a tour of the new layout of food labels on snack foods and unravels the "mystery" of the Food Guide Pyramid.*

Teen Scene: More Tips on Eating Healthy. CNN, 1993. RT 25:00.

The Aisles Have It: A Consumer Education Program for Teens. Dairy Council of Wisconsin, 1991. RT 14:00. *Encourages teens to purchase nutritious foods. Accompanies "The Aisles Have It: A Consumer Education Program for Teens" teacher/leader guide.*

The Danger Zone: A Food Safety Program for Teens. U.S. Department of Agriculture, 1991. RT 25:00.

The Fit Kid Connection. Ohio Department of Education, Nutrition Education and Training Program, 1998. *Accompanies Fit Kid Connection: A Nutrition Behavior Change Program for 7<sup>th</sup> and 8<sup>th</sup> Graders. Includes six sessions: What is a Fit Kid? (RT 12:13); Shop Smart (RT 9:47); Smart Eating on the Run (RT 6:21); Smart Moves (RT 8:42); Getting the Competitive Edge (RT 5:27); and How to Become a Fit Kid (RT 12:50).*

The Inside Edge. Colorado Nutrition Education and Training Program and Western Dairy Council, 1989. RT 9:00. *Sports nutrition video geared to the high school athlete.*

The Nutrition Diner: An Interactive Guide to Nutrition Education (CD-ROM). Florida Department of Education, 2003. *This interactive CD-ROM provides a science-based foundation in nutrition for both the classroom teacher and the school foodservice professional to provide sound nutrition information to students. Includes stand-alone multi-faceted and/or interactive lessons for PreK-12.*

### Children's Books

Blue Bug's Vegetable Garden. Virginia Poulet, Children's Press, 1973.

Blueberries for Sal. Robert McCloskey, The Viking Press, 1948.

Chicken Soup with Rice – A Book of Months. Maurice Sendak, Harper & Row, 1962. (2 copies)

Eating the Alphabet: Fruits & Vegetables from A to Z. Lois Ehlert. Orlando, FL: Harcourt, Brace & Co., 1989.

Egg Thoughts and Other Frances Songs. Russell Hoban, Harper & Row Publishers, 1972.

Good Enough to Eat. Lizzie Rockwell. Harper Collins Publishers, 1999. *A kid's guide to food and nutrition with basic nutrition facts in a kid-friendly format (ages 4-8).*

Leo the Lettuce Lion and His Vegetable Kingdom. Don Wolf, The Steinbeck Country General Store, Inc., 1978.

More Potatoes! Millicent E. Selsam, Harper & Row Publishers, 1972.

Oliver's Vegetables. Vivian French. Orchard Books, 1998, Ages 3-6.

Potato Pancakes All Around: A Hanukkah Tale. Marilyn Hirsh, Bonim Books, 1978.

Stone Soup. Marcia Brown, Charles Scribner's Sons, 1974.

Those Mean Nasty Dirty Downright Disgusting but Invisible Germs. Judith Rice, Redleaf Press, 1989. *Concepts of good personal hygiene presented in an entertaining manner for young children.*

What Happens to a Hamburger. Paul Showers. Harper Collins Publishers, 2001. *Takes children ages 5-9 on a journey through the digestive system. Includes activities.*

## Spanish Materials

Chef Combo's Fantastic Adventures in Tasting and Nutrition. National Dairy Council, 1995. *Teaches simple nutrition concepts and encourages young children to be "food tasters." Includes hands-on tasting and nutrition activities including many simple recipes. Also includes parent newsletters in English and Spanish and the Chef Combo puppet. Developmentally appropriate for 4- and 5-year olds.*

Constructucción del Camino Hacia el Futuro: Guía de Alimentación para los Programas de Nutrición Infantil (Building for the Future: Nutrition Guidance for Child Nutrition Programs – Spanish version – FNS-279-S). United States Department of Agriculture, 1993.

Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum. Katherine M. Brieger, 1993. *Simple ideas for teaching food and nutrition to children ages 3-8. Includes 10 units, 78 activities and multicultural recipes, a nutrition bingo game and 10 bilingual parent newsletters.*

Food Pyramid Lotto – Spanish Version. Yummy Designs, Washington, 1993. *An educational game for ages 5 to adults which includes culturally appropriate foods and dishes. The game teaches: Pyramid Food Groups, including variety of choices and combination foods; limiting fats and sweets; low fat alternatives; balancing a day's menus; importance of grains, vegetables and fruits; and food safety.*

Food Safety is No Mystery Video (Spanish Version). U.S. Department of Agriculture, 1987.

Healthy Start...Food to Grow On: Supermarket Kit. Food Marketing Institute, American Dietetic Association and American Academy of Pediatrics, 1991. *Includes four reproducible brochures (Spanish and English) on basic nutrition for young children: Precisamente Desde El Comienzo: Los A-B-C's de La Nutrición Sana Para Los Niños (Right from the Start: ABC's of Good Nutrition for Young Children); Que Hay De Comer? Alimentos Sanos Para Niños Con Apetito (What's to Eat? Healthy Foods for Hungry Children); Alimentar Bien A Los Niños No Es Siempre Fácil; Sugerencias Para Evitar Líos Alimenticios. (Feeding Kids Right Isn't Always Easy: Tips for Preventing Food Hassles); Creciendo Con Buena Salud: Grasa, Colesterol Y Más: (Growing up Healthy: Fat, Cholesterol and More). (2 copies)*

Kids' Club: Nutrition Learning Activities for Young Children (Spanish Version). Barbara J. Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992. *Spanish resources include information on Hispanic nutrition and culture, 2 complete lessons, lyrics to all songs and all 26 parent handouts translated into Spanish.*

Kids...Get Cookin'! Public Health Institute, 1998. *Child-friendly cookbook featuring celebrity recipes which focus on fruits and vegetables. Tool to involve teachers, students, parents and community organizations in interactive, entertaining nutrition education activities. Recipes and text are in both English and Spanish.*

Mantenga Sanos Los Alimentos: Ideas para comprar, guardar y cocinar alimentos. United States Department of Agriculture, 1993. *Food safety.*

Mealtime Memo. National Food Service Management Institute. *Fact sheet for the Child and Adult Care Food Program, in English and Spanish. Newsletter that reinforces the importance of the Food Guide Pyramid and the Dietary Guidelines for Americans. Available at: [www.nfsmi.org/Information/Newsletters/index.html](http://www.nfsmi.org/Information/Newsletters/index.html).*

Now We're Cooking Curriculum Kit. *Kit features lesson plans, menus and activities in both English and Spanish.*

Selección de Alimentos Saludables (Making Healthy Choices – Spanish Version – HGB #250S). United States Department of Agriculture, 1994. *Provides information on how to choose and prepare healthy foods using the Dietary Guidelines.*

Ven y Busa Cinco al Dia en tu Supermercado. Connecticut Department of Public Health and Connecticut Department of Social Services, 1997. RT 11:00. *Spanish version of Supermarket Smarts: The 5 A Day Way.*

